

New Book on Buddhism - Buddhism Made Easy: Buddhism for Beginners and Busy People

Source: Shalu Sharma

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A new book called, “Buddhism - Buddhism Made Easy: Buddhism for Beginners and Busy People” is now available on Amazon.

Shalu Sharma has published a new book on Buddhism and is now available on all Amazon stores. The book is called, “**Buddhism - Buddhism Made Easy: Buddhism for Beginners and Busy People**” and covers all aspects of Buddhism, the life of Buddha, its concepts, practices and how to practice Buddhism and much more. The book is one of its kind where the author covers all aspects of Buddhism from history to practicing Buddhism without actually converting. She explains beautifully on how one does not need to convert from their existing religion and still practice Buddhist concepts.

About the book: *Buddhism -Buddhism Made Easy: Buddhism for Beginners and Busy People*

This book will be useful to those who do not understand Buddhism and wants to take up on Buddhism. The book goes through the Buddhist religion piece by piece so that anyone can understand it. The book has been written taking the absolute beginner in mind. However, everyone can take something out of this book from the absolute beginner to someone who has been practicing Buddhism for a long time or someone who has studied Buddhism for years.

The topics included in the book are:

Preface

Introduction to Buddhism

Who was Buddha?

Buddha’s life

Basics of Buddhism

Principles of Buddhism

Teachings of Buddha

Karma in Buddhism

Rebirth in Buddhism

What is Nirvana?

God in Buddhism

Three marks of existence

The three jewels in Buddhism - Buddha, Dhamma and Sangha

Buddhist philosophy

Buddhist spirituality

Types and major divisions of Buddhism

Zen Meditation

Four noble truths

The eight fold path

Vipassana Meditation

Buddhist precepts and how to keep them

Buddhism and sex

Buddhism and alcohol

Animals in Buddhism

Human suffering or Dukkha in Buddhism

Western Buddhism

Buddhism in America

Buddhism and vegetarianism

Buddhism can change your life

Inner peace through Buddhism

Buddhism and Christianity – Differences and similarities

Buddhist ethics

Buddhism and homosexuality

How to become a Buddhist?

How to practice Buddhism without converting?

Buddhist meditation

Power of meditation

How to find enlightenment?

Conclusion

About the author

Shalu Sharma was born in Patna where Buddha once stated that this city will be a great city but will be plagued by fire or floods. His prophesy has come true. Patna, situated on the banks of the River Ganga and the confluence of 2 other rivers has been flooded numerous times. Her ancestral home is Gaya, the place where Buddha attained enlightenment. She spent her childhood visiting the Mahabodhi temple and the numerous sites of Buddhist importance in Bihar. She also has a Masters in Indian history and religious studies. More about the author here: <http://www.shalusharma.net>

The book, "Buddhism Made Easy: Buddhism for Beginners and Busy People" can be found on all Amazon stores across the globe.

Click on the link below to go to the book on Amazon USA.

<http://www.amazon.com/Buddhism-Made-Easy-Beginners-People-ebook/dp/B00T73T41M/>

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